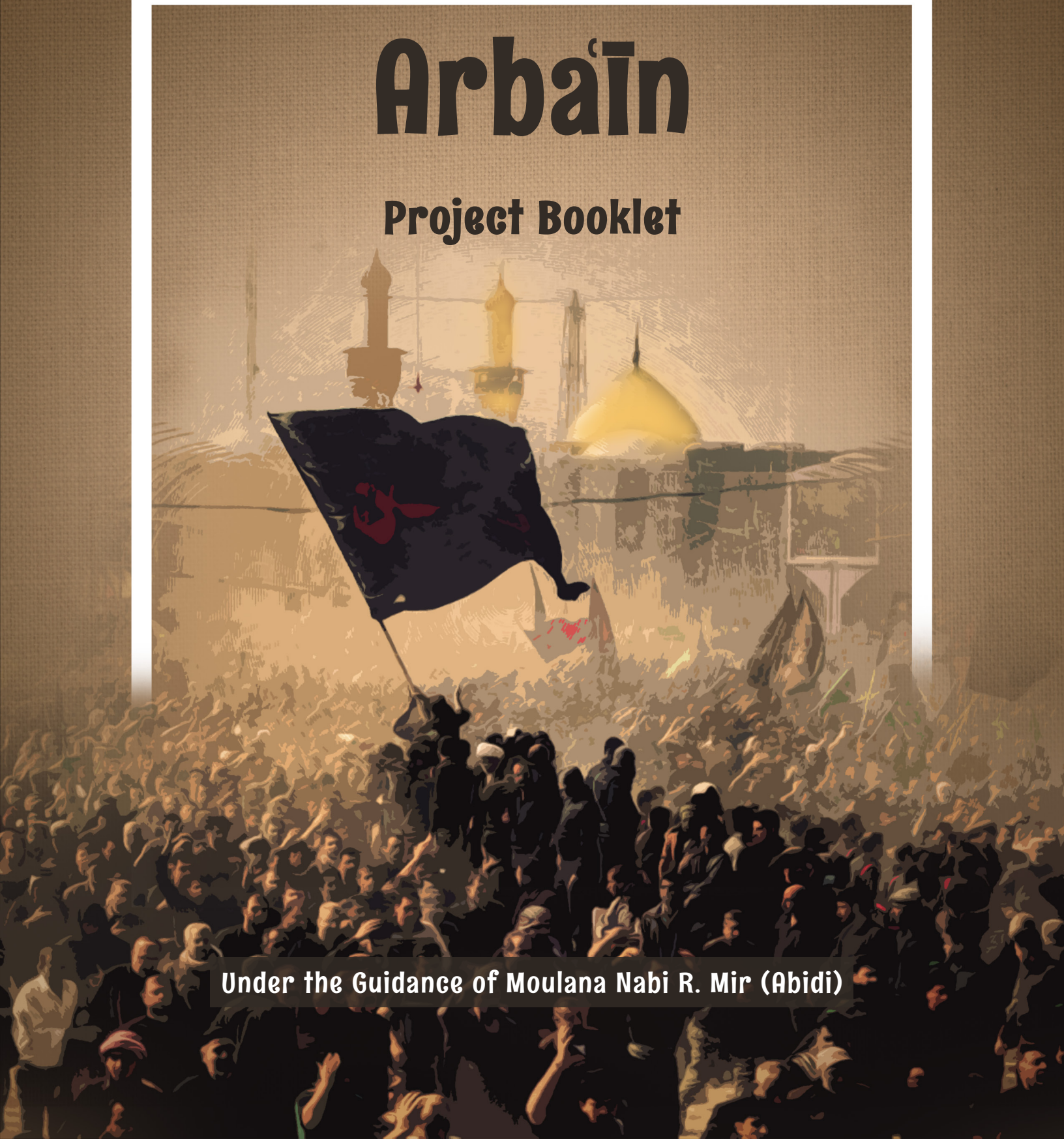
2020 | 1442 AH

Arbaʿīn

Project Booklet



Under the Guidance of Moulana Nabi R. Mir (Abidi)

Please recite a Fātiḥah for
the Almeamar and Rizvi families
Husain Mohammad Naqvi,
Kulsum Hydary binte Sarfaraz Ali Mirza,
and Mohammed Jahangir Hydary Ibne AbdulKarim Hydary,
the sponsors of this project booklet.

Important dates in Ṣafar

5th	Wafāt of Sayyidah Ruqayyah (Sakīnah) (by some traditions)
7th	Wilādah of Imām Mūsā al-Kāẓim (ʿa)
17th	Shahādah of Imām ʿAlī ar-Riḍā (ʿa) (by some traditions)
20th	Arbaʿīn of Imām Ḥusayn (ʿa)
24th	Wafāt of Sayyidah Zaynab (ʿa)
28th	Riḥlah of Prophet Muḥammad (ṣ) and shahādah Imām Ḥasan (ʿa))
29th	Shahādah of Imām ʿAlī ar-Riḍā (ʿa)

Visit **kisakids.org/collections** for more project booklets,
and go to **kisakids.org/donate** to help us continue our efforts.
Please recite a Fātiḥah for the marhumin of those
who contributed to this booklet.

INFORMATION AND INSPIRATION:

salamislam.com/en/lifestyle/what-significance-number-forty-islam
al-islam.org
40 Hadith for Children Activity Book
powerfulmothering.com/mirror-craft-for-kids/
Aotearoa Institute: https://bit.ly/3gMwfxV
ministrymindedmom.com/jesus-tape-resist-painting-craft/

cover:
imam-us.org/arbaeen-imam-hussain-ibn-ali-1441
unsplash.com

بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

Salāmun ʿalaykum,

May Allah bless us, our families, and our communities.

Our sincerest condolences to the Imām of our time, Imām al-Mahdī (ʿaj), our great marājiʿ and scholars, the Muslim ummah, and all the believers on the Arbaʿīn of Imām Ḥusayn (ʿa) and the shuhadāʾ of Karbala.

There are many ḥadīth and narrations that emphasize the importance of performing the ziyārah of Imām Ḥusayn (ʿa) in Karbala during the time of Arbaʿīn. Every year, thousands of individuals from all over the globe travel to Karbala during this time, many of whom walk from Najaf to Karbala, and it is one of the largest peaceful gatherings in the world. For those who have the opportunity to go, it is an extraordinary journey of self-reflection and spiritual self-building, and it is a true honor to be in Karbala during this time. Unfortunately, this year, due to the global pandemic, it may not be possible for so many people to visit Karbala. But that should not discourage us from commemorating Arbaʿīn, nor from working on our spiritual self-improvement. So, how can we maintain and strengthen our connection to Imām Ḥusayn (ʿa)? Is there a way to perform ziiyārah from our homes?

Let us reflect and see how our Imāms (ʿa) dealt with these kinds of situations. The Imāms had also faced difficult times when they could not leave their houses because of oppressors, being in jail, or being under house arrest. What did they do? They used to connect their hearts to Karbala and Imām Ḥusayn (ʿa) regardless of the circumstances, because the heart can connect from anywhere. One of the best ways to do this is to go out in an open space under the sky, if possible, face toward Karbala, put your hand on your heart, and say "Assalāmu ʿalayka yā Abā ʿAbdillāh!" Ask Allah to make your heart the ḥaram of Allah and Abā ʿAbdillāh, and to only allow in it that which pleases them, and keep out anything that upsets them.

This Arbaʿīn 2020/1442, we are honored to launch the fifth annual Arbaʿīn Project Booklet. This booklet includes six lesson plans that have been put together in collaboration with scholars and educators. We pray these projects increase the love of the Ahl al-Bayt (ʿa) in our children and instill in them the desire to perform the ziyārah of Abā ʿAbdillāh, inshāʾAllāh.

Our humble request is to create a two-way connection by all of us sharing our expertise and experiences and avoiding duplicated work, in order to maximize our potential. Please share your ideas, experiences, and successes with us, so that together, we can all move forward and build a global network, inshāʾAllāh

Please remember in your duʿāʾs all of the muʿminīn and the whole Muslim ummah, and a duʿā of shifa for everyone in these trying times. Bring awareness to your children so they can prepare for the ẓuhūr of Imām al-Mahdī (ʿaj). Talk to them about everything that is happening in the world, especially to our Muslim brothers and sisters and the children who are being oppressed all around the world in Burma, Yemen, Syria, Kashmir, Palestine, Bahrain, Iraq, Afghanistan, India, Pakistan, and everywhere else.

We pray that Allāh gives us the tawfīq to actualize our duties and responsibilities.

With Duʿās,
Nabi R. Mir (Abidi)
Resident ʿĀlim of SABA Islamic Center

Lesson 1: From Forty Days to Forever

Objective: Children will learn the significance of forty days in building a habit.

Have you ever wanted to adopt a new habit or a hobby, but gave up in a few days? Today, we will learn a trick to develop and keep new habits inshāʾAllāh!

In Islam, the number forty is mentioned in many ḥadīth and verses of the Qurʾān. One of the ḥadīth mentioning the number forty is from the Noble Prophet (ṣ), who says, *"One who purifies his faith for Allah for forty days, Allah will cause the springs of wisdom to flow from his heart to his tongue."*[1] This means that if we do a good deed purely for the sake of Allah for forty days straight, then Allah will reward us by giving us the gift of knowledge. If we can work hard enough to do a good deed for forty days, it will inshāʾAllāh become a habit! There are many good habits that we can try to build. For example, saying salāmun ʿalaykum to our parents and guardians every morning, helping our siblings, talking to our family members, reciting a duʿā for hastening the reappearance of Imām al-Mahdī (ʿaj) every day, reciting the adhān and iqāmah before each ṣalāh, etc, are all good habits.

Just imagine how many amazing habits you can build with the forty day golden advice! When you decide which habit to build, record it daily on a calendar or on a piece of paper, marking off one day every day (or marking off one day at a time).

In Islam, the figure of forty days is also important when mourning the loss of someone who has passed away. The Prophet (ṣ) has said, *"The earth mourns the death of a believer for forty mornings."*[2] This is why, when someone passes away, people pray for them and visit their relatives for forty days. The day of Arbaʿīn is the 40th day after ʿĀshūrāʾ, the day when Imām Ḥusayn (ʿa), his companions, and his family members were killed in Karbala. There is a special ziyārah that we recite on Arbaʿīn, called Ziyārat al-Arbaʿīn. It is highly recommended to recite this ziyārah; in fact, it is considered one of the signs of a believer. On this day, we remember the events of Karbala and grieve for the loss of our beloved Imām (ʿa).

1 Biḥar al-Anwār, Vol. 67, P. 242
2 Biḥar al-Anwār, Vol. 2, P. 679

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40 Day Sticker Chart

Suggested Ages: 5+

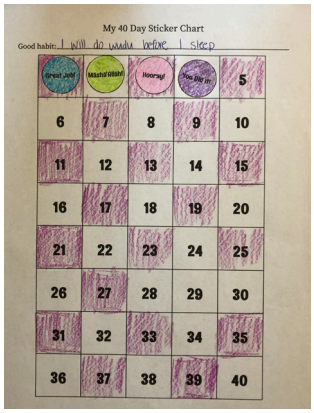
Time: 30 minutes

Materials:

- 40 day chart
- 40 pieces template
- Crayons/colored pencils/ markers
- Scissors
- Small resealable bag
- Optional: 40 stickers

Procedure:

1. Color and decorate the 40 day chart and 40 pieces template however you like.
2. Decide what good habit you want to develop and write that at the top of the 40 day chart.
3. Carefully cut out the 40 pieces and keep them in the small resealable bag.
4. Keep the 40 day chart and the bag of pieces on the fridge, or some place where you can see it every day.
5. Each day, when you do that good habit, glue one of the pieces on the chart (optional: you can use 40 small stickers instead).


My 40 Day Sticker Chart
Good habit: I will do wudu before I sleep
Great Job!
Mashallah!
Hooray!
You Did It!
5
6 7 8 9 10
11 12 13 14 15
16 17 18 19 20
21 22 23 24 25
26 27 28 29 30
31 32 33 34 35
36 37 38 39 40

My 40 Day Sticker Chart

Good habit: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40

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You Did It!	You Did It!	You Did It!	You Did It!	You Did It!
Hooray!	Hooray!	Hooray!	Hooray!	Hooray!
Great Job!	Great Job!	Great Job!	Great Job!	Great Job!
Mashā'Allāh!	Mashā'Allāh!	Mashā'Allāh!	Mashā'Allāh!	Mashā'Allāh!
Alḥamdulillāh!	Alḥamdulillāh!	Alḥamdulillāh!	Alḥamdulillāh!	Alḥamdulillāh!
Subḥānallāh!	Subḥānallāh!	Subḥānallāh!	Subḥānallāh!	Subḥānallāh!
Great Job!	Great Job!	Great Job!	Great Job!	Great Job!
Mashā'Allāh!	Mashā'Allāh!	Mashā'Allāh!	Mashā'Allāh!	Mashā'Allāh!

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Lesson 2: Peace Be Upon You!

Objective: Children will learn the meaning of 'salāmun ʿalaykum'.

As Muslims, we say salāmun ʿalaykum when we greet other Muslims. Do you know why we say salāmun ʿalaykum and not just "hello" when greeting others? Salāmun ʿalaykum means "Peace be upon you." When we say salām, we are not just saying hello, but we are also praying for the other person's good health, safety, and peace from us and our actions toward them. It is wājib (obligatory) upon us to respond to someone's salām with "wa ʿalaykum salām" which means "and peace be upon you too." Although, it is better to make our reply even longer by adding "... may Allah's mercy and blessings be upon you." Allah says in the Qurʾān, "When you are greeted with a salute, greet with a better one than it, or return it; indeed, Allah takes account of all things" (4:86).

We greet each other by saying salām when we see each other, but how do we send our salām to our Imāms? We do this by reciting ziyārah. In the ziyārah of Imām Ḥusayn (ʿa), we say, "Peace be upon you, O Abā ʿAbdillāh [Imām Ḥusayn (ʿa)]." When we greet the Imām, we acknowledge his presence. When we turn toward him, we are showing that we accept his leadership, and that we are ready to do good deeds and be on our best behavior by following his way of life. Even though his soul is with Allah, Imām Ḥusayn (ʿa) has permission from Allah to hear our voices. In reply to our salām, Imām Ḥusayn (ʿa) also sends his salām to us. Although we may not be able to hear his reply, his prayer for our protection, health, safety, and peace is definitely accepted by Allah and we see that in all the happiness that we experience in our lives. The word ziyārah is also used for the pilgrimage that we make to the shrines of the Ahl al-Bayt, but to send our salām to our Imāms, we do not need to be present at the shrines—we can say our salām from wherever we are. Let us always remember Imām Ḥusayn's (ʿa) sacrifice by sending our salām to him everyday!

Karbala Origami Frame

Suggested Ages: 5+

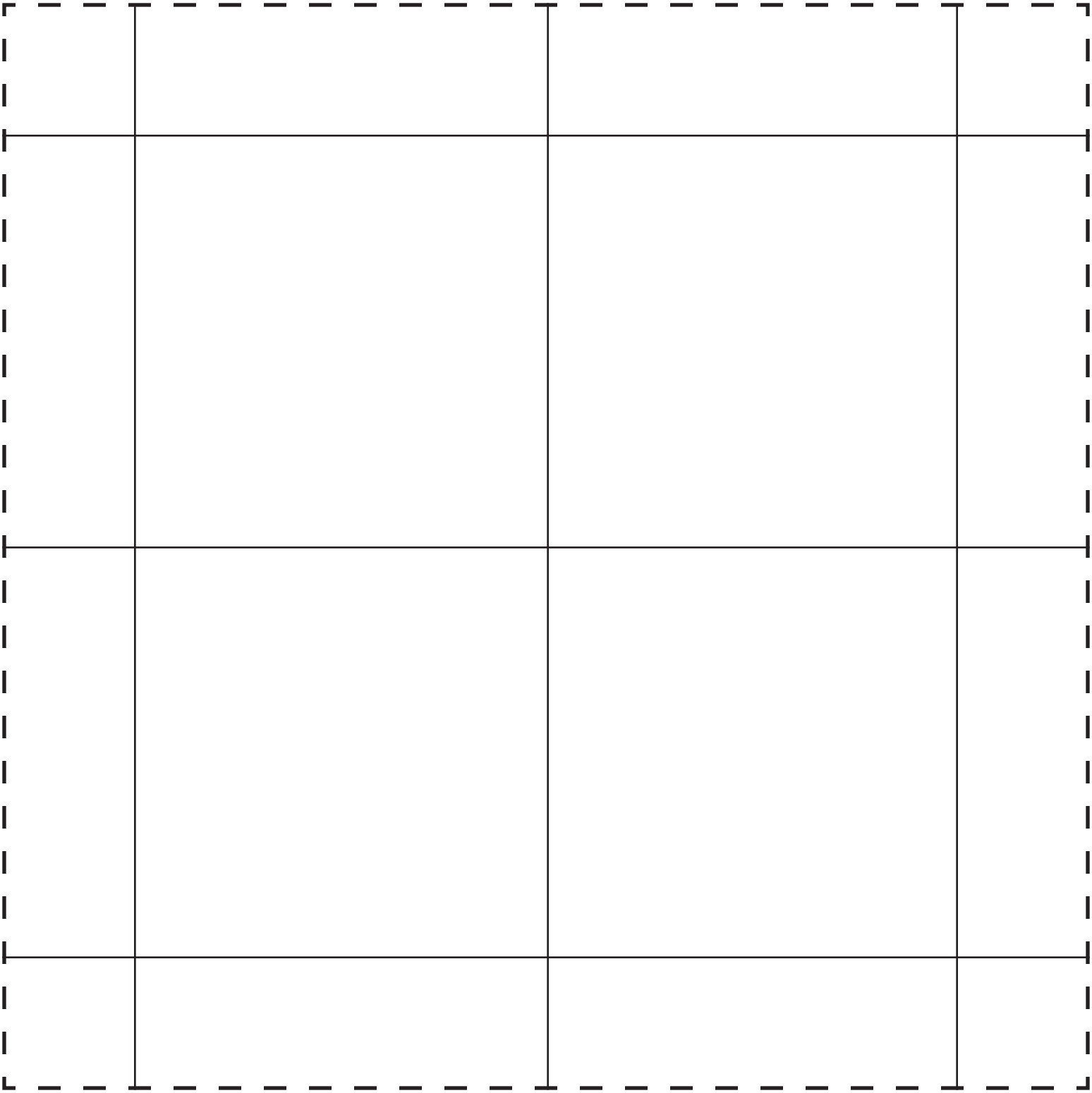
Time: 40 minutes

Materials:

- Frame template
- Picture of Imām Ḥusayn's (ʿa) shrine
- Scissors
- Tape
- Crayons/colored pencils/ markers
- Optional: colored paper

Procedure:

1. Cut out the picture of Imām Ḥusayn's (ʿa) shrine and color it however you like.
2. Cut out the 8 in x 8 in square (optional: cut out an 8 in x 8 in square from a colored paper).
3. Fold the square in half along lines A and B.
4. Unfold the paper and lay it back on the table. This will reveal 4 smaller squares.
5. Fold along lines C and D (top and bottom edges), each about 1 in wide.
6. Then fold along lines E and F (left and right edges), again each about 1 in wide.
7. Now turn the square over and fold each corner to the middle point. This will leave you with a smaller square shape.
8. Turn the square back over to reveal your finished photo frame. When you turn over your origami square, you will see small triangle pockets over each corner. Tuck the picture of Imām Ḥusayn's (ʿa) shrine under the pockets to keep it in place.
9. You can also see how to make it on your own here: https://www.wikihow.com/Make-an-Origami-Photo-Frame



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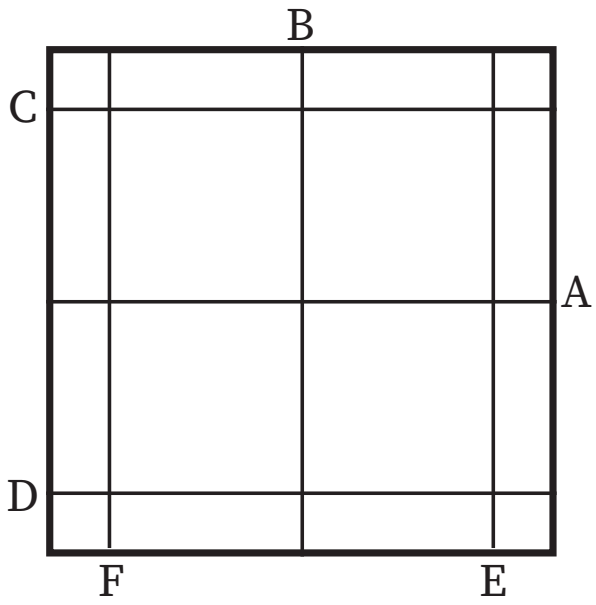
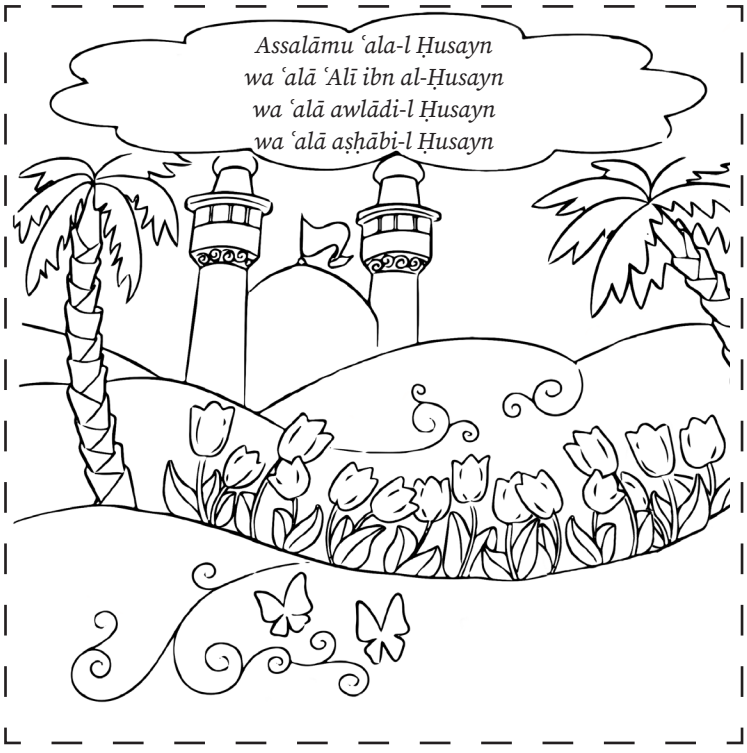
see diagram for folding →



picture for frame (or you can use your own photo) →



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Lesson 3: Arbaʿīn From Home

Objective: Children will learn how to connect with Imām Ḥusayn (ʿa) from their homes.

Millions of people from around the world travel to Karbala for Arbaʿīn (40th day after ʿĀshūrāʾ) every year. There are great rewards for visiting Imām Ḥusayn's (ʿa) shrine on Arbaʿīn, but can we connect with the Imām if we are spending Arbaʿīn at home? Certainly! Imām Ḥusayn (ʿa) is not contained in his shrine; rather, he is very close to the hearts of his lovers and followers. By spending some time in self-reflection and thinking, we can feel connected with the Imām.

Imām ʿAlī (ʿa) has said, *"Contemplation invites (man) toward performing good deeds."*[1] To contemplate means to think deeply about something for a long time. We all spend our days doing various tasks like studying, cleaning, and playing, but we should try to take some time out, especially on Arbaʿīn, to mourn for Imām Ḥusayn (ʿa), and in that mourning, dedicate some time to think and ponder more about what he went through in Karbala, and how it affects us even today. We should try to take out a few minutes from our day to think about what we have done over the past 40 days, thinking about the acts that we performed for Allah and the acts that we wish we did not do, and decide to spend some time every day thinking and making sure we are making good choices. Then we can think about how we can get closer to Allah. Listening to lectures about Karbala is another great way to connect with the Imām (ʿa). Learning about what happened to Imām Ḥusayn (ʿa) and his followers will encourage us to start thinking about our own actions. We can ask ourselves, "How would Imām Ḥusayn (ʿa) want me to act?" We can never thank the Imām enough for his sacrifice, but we can try to do good deeds like praying ṣalāh on time, helping with house chores, etc. which will make him very happy. The more you pause and think before and after any action, the more improvement you will see in yourself as a Muslim, and the more connected you will feel with Imām Ḥusayn (ʿa), inshāʾAllāh!

1 Jāmiʿ as-Saʿādāt, Vol. 1, P. 166.

Mirror Craft

Suggested Ages: 5+

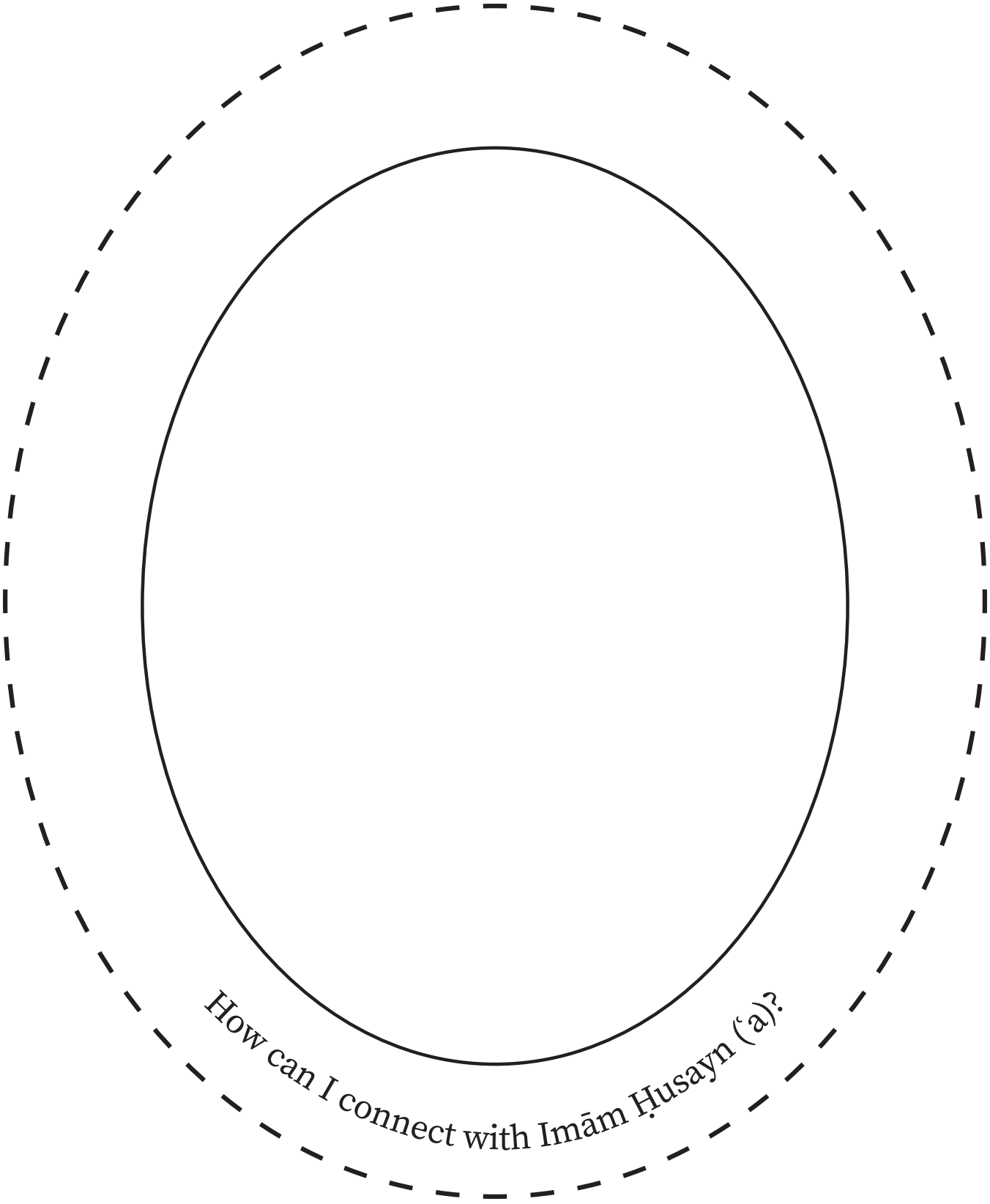
Time: 40 minutes

Materials:

- Mirror template
- Construction paper
- Foil
- Scissors
- Glue/tape
- Crayons/colored pencils/ markers
- Popsicle stick/piece of cardboard

Procedure:

1. Color and decorate the mirror frame however you like.
2. Cut out the bigger oval all along the dotted line.
3. Then trace the bigger oval on a construction paper and cut out the oval from there. This will be the back.
4. Cut out a piece of foil the size and shape of the smaller oval in the middle.
5. Glue or tape the foil on the mirror in the smaller oval.
6. Then flip it over and glue or tape a popsicle stick or cardboard to the back. This will be a handle for the mirror.
7. Now glue the construction paper oval to the back, covering the handle.
8. Get creative! Decorate the frame of the mirror and handle with stickers, gemstones, or other decorations.


How can I connect with Imām Ḥusayn (ʿa)?

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Lesson 4: You Are Invited to Goodness

Objective: Children will learn the importance of amr bil maʿrūf.

We often read ḥadīth and verses of the Qurʾān that tell us to do good deeds, but is it enough to only do good deeds ourselves? No! Islam is a beautiful religion in which community and togetherness is emphasized a lot. Allah not only wants us to do good, but He wants us to invite others to do good as well. The Noble Prophet (ṣ) and the Ahl al-Bayt (ʿa) would take any and every opportunity to guide others, and they would do so with such great akhlāq and love. When members of a community or a family guide each other to the right path, they are able to build stronger, flourishing communities and families! Moreover, the Prophet of Allah (ṣ) has said, *"A person who guides others toward goodness will receive many blessings."*[1] Inviting others toward goodness is so important in Islam that it is one of the Furūʿ ad-Dīn (Branches of Religion) and is wājib (obligatory). When we see someone in our community who is not following the orders of Allah, it is our responsibility to let them know about the rules of Islam and encourage them to follow them, in a nice and polite manner of course. Amr bil maʿrūf allows Muslim communities to grow together. It reminds us that we are not alone in this world and that we should help those who we know and love by guiding them to the path of Allah and the Ahl al-Bayt (ʿa).

On the 28th of Ṣafar, we commemorate the shahādah of the Noble Prophet (ṣ) and his grandson, Imām Ḥasan (ʿa). We can find the best examples of amr bil maʿrūf in the life of our Prophet (ṣ). The people around the Prophet (ṣ), at the beginning of Islam, were not on the right path. They would engage in many sins. Through his excellent behavior, kindness, and honesty, the Prophet (ṣ) invited people around him to do good. He guided people to goodness by inviting them to do good deeds and telling them about the blessings of Allah that are showered on those who practice goodness. Let us follow the footsteps of our Prophet (ṣ) and encourage others to join us on the path to Heaven!

1 Al-Kāfī, Vol. 4, P. 27

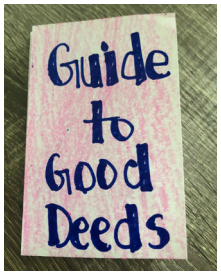
Good Deeds Guidebook

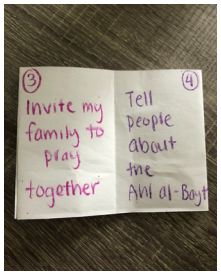
Suggested Ages: 5+

Time: 40 minutes

Materials:

- Blank white paper
- Colored construction paper
- Scissors
- Glue
- Crayons/colored pencils/ markers





Procedure:

1. Cut out the white paper in half longwise to make 2 narrow rectangles.
2. Fold the first rectangle in half widthwise.
3. Then fold the top flap in half again, aligning the bottom edge to the top crease.
4. Flip the rectangle over and do the same to the other side. It should have 4 even sections and resemble a W when finished.
5. Do the same for the other rectangle piece.
6. Then glue them together to make an accordion.
7. Cut out 2 pieces from the construction paper and glue them on either end to make a front and back cover of your book.
8. Colour and decorate the covers however you like. Be sure to include a title for your guide book.
9. On each page inside, write one way you can guide someone to do good.
10. You can also try making it on your own: https://www.readbrightly.com/diy-accordion-book/

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Lesson 5: Giving Like Imām Ḥasan (ʿa)

Objective: Children will learn about Imām Ḥasan's (ʿa) generosity.

Do you like sharing with others? Sometimes, it can be hard for us to share something that we love. However, there is a great emphasis on generosity in Islam. To be generous means to be ready to give more of something (like money, time, food, etc.) than what is expected. Islam is a religion of peace and love. That is why sharing and providing to others is so important in our religion. Sharing creates friendship and love within members of a community. In the lives of the Ahl al-Bayt, we can find perfect examples of acts of generosity and kindness.

On the 28th of Ṣafar, we commemorate the shahādah of Imām Ḥasan (ʿa). Imām Ḥasan (ʿa) was known for his generosity, kindness, and hospitality. It is narrated that every evening, food was served at his house for the needy, travelers, orphans, and anyone who was hungry. He made sure that the best food was cooked for his guests while he himself ate the simplest food. Imām ʿAlī (ʿa) once asked his son, Imām Ḥasan (ʿa), *"O my son! What is generosity?"* Imām Ḥasan (ʿa) replied, *"It is giving freely when you have wealth, and also in times of poverty."* [1]

We, the followers of Imām Ḥasan (ʿa), should try to model his conduct. We may not be able to serve food to the needy everyday, but we can certainly be generous in other ways. Spending time with our grandparents or playing with our younger siblings are acts of generosity, as we are giving them our time and attention. We can be generous with our kind words by giving compliments and thanks to our friends and family. Imām ʿAlī (ʿa) has said, *"Your cheerfulness shows the generosity of your soul."*[2] You see, we do not need a lot of money to be generous—all we need is a kind heart and readiness to give whatever we can!

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1 Mishkāt ul-Anwār fi Ghurar il-Akhbār, P. 576, Ḥadīth #1369
2 Kanz al-ʿUmmāl, Ḥadīth #4453

Flower Bag

Suggested Ages: 5+

Time: 40 minutes

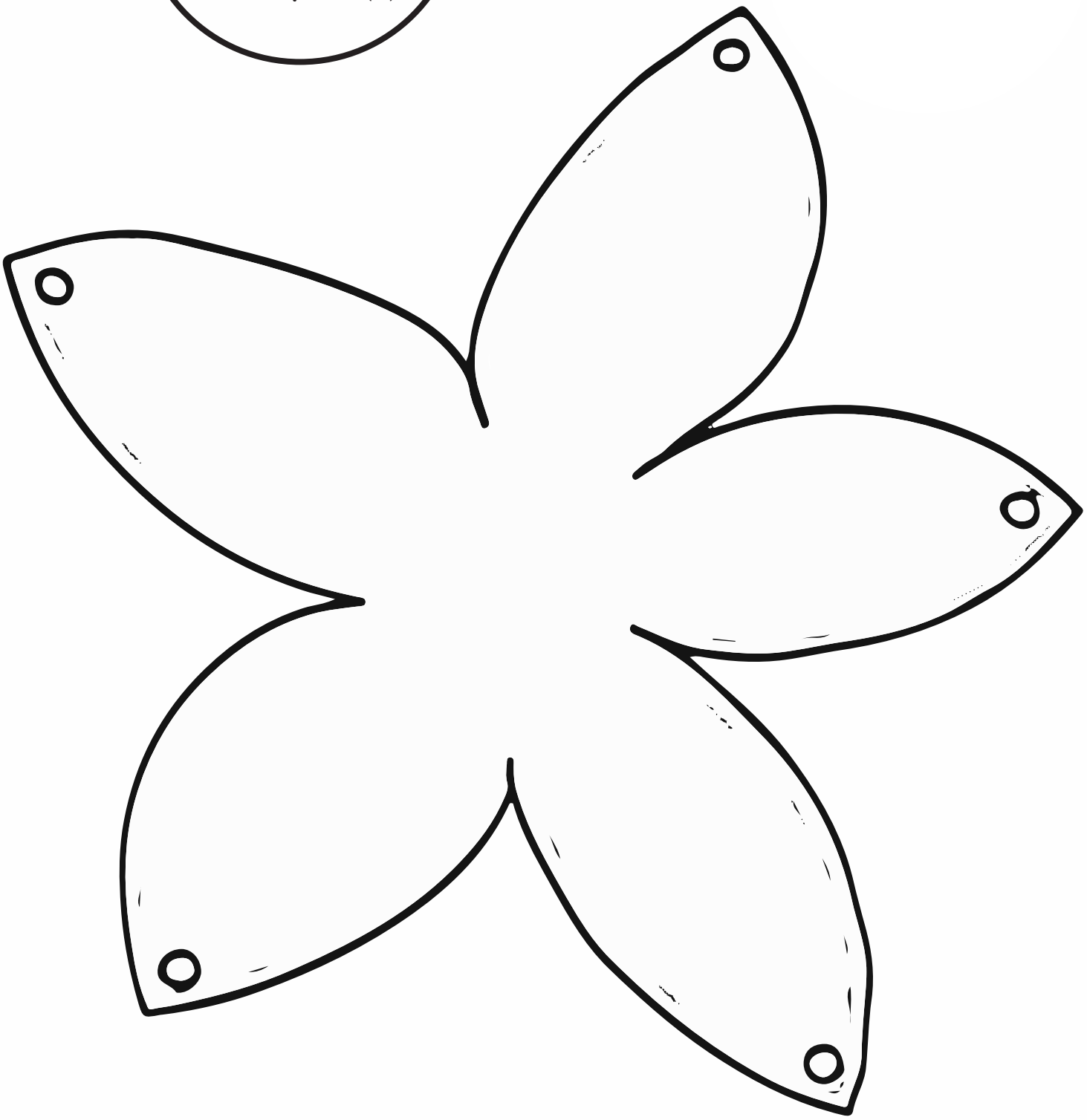
Materials:

- Flower bag template
- Scissors
- Yarn/ribbon
- Crayons/colored pencils/ markers

Procedure:

1. Cut out the flower bag template.
2. Color and decorate the flower however you like, but note that the back of the flower (no lines or dots) will be the outside and that the front of the flower will be the inside.
3. Cut out the circle with the Imām's saying.
4. Carefully punch a hole at each tip of the flower petals, where there is a black dot. Also punch a hole on the black dot on the circle.
5. Now take the yarn or ribbon and thread it through each of the flower petal holes. When you pull it tight, it should make a small bag.
6. Then thread the circle with the saying through as well.
7. Before tying it close, put a small gift for someone inside the flower bag.

[Generosity] is giving freely when you have wealth, and also in times of poverty.
-Imām Ḥasan (ʿa)



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Lesson 6: Tears For Karbala

Objective: Children will learn the benefits of crying for Imām Ḥusayn (ʿa).

The Shīʿah of the Ahl al-Bayt are known all over the world for gathering in crowds of up to millions and commemorating the shahādah of Imām Ḥusayn (ʿa), his family, and his companions. Have you ever wondered why, every year, we cry over the tragedies that befell Imām Ḥusayn (ʿa)? There are many ḥadīth from the Maʿṣūmīn that tell us why we shed tears for Karbala and the rewards for doing so. We will look at a couple of them in this lesson.

When we love someone, we are happy when they are happy, and we are sad when they are sad. We cry for Imām Ḥusayn (ʿa) because we love him, and we join his family in his grief. On the 29th of Ṣafar, we commemorate the martyrdom of our 8th Imām, Imām ʿAlī ar-Riḍā (ʿa). On the topic of crying for Imām Ḥusayn (ʿa), Imām ʿAlī ar-Riḍā (ʿa) has said, *"Those who weep should weep over the likes of Ḥusayn (ʿa) for surely, weeping over him does away with one's great sins."*[1] This ḥadīth teaches us that whenever we are going through a hardship and feel like crying, we should remember the hardship that Imām Ḥusayn (ʿa) faced and cry over him. This saying makes it clear that crying for Imām Ḥusayn (ʿa) is encouraged by the Ahl al-Bayt, and that it washes away our sins. Why do you think crying washes away big sins? One reason is that crying and loving Imām Ḥusayn (ʿa) and his companions creates a bond with him, a bond and love that helps us make the best choices, and as we strive to become better, we will stay away from sins and inshāʾAllāh, Allah will also forgive our sins. This means that the more we shed tears over the events of Karbala, the more purified we will become! If, when listening to the muṣībah, our tears do not come out, we should at least make a crying face. We should feel a great sadness in our hearts for the tragic events that took place. While lamenting for Imām Ḥusayn (ʿa), we must remember that he gave up everything so that Muslims could follow the true Islam. Along with crying for him, we must actively try to model the lives of the Ahl al-Bayt. For doing both of these things, we will be rewarded with closeness to Allah and a place in Heaven, inshāʾAllāh.

1 Biḥār al-Anwār, Vol. 94, P. 184.

Yā Ḥusayn Painting Craft

Suggested Ages: 5+

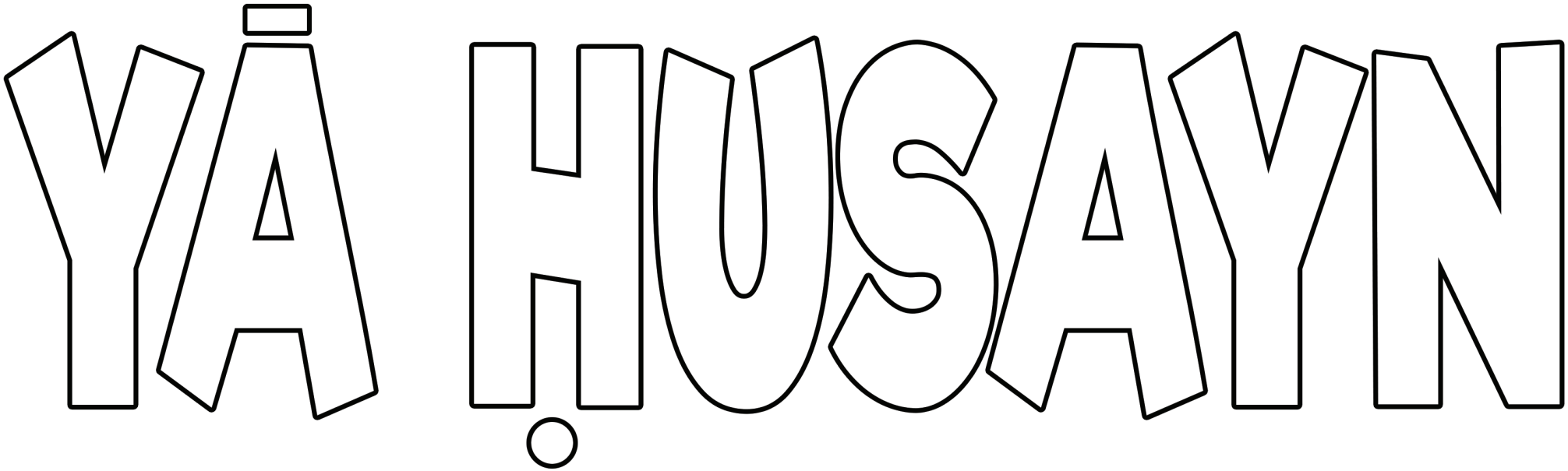
Time: 40 minutes

Materials:

- Yā Ḥusayn template (optional: use paint paper)
- Masking tape or painter's tape
- Paints (or crayons/colored pencils/markers)

Procedure:

1. Cover the letters in "Yā Ḥusayn" with the masking or painter's tape.
2. Next, paint or color on the whole page however you like.
3. Once the paint is completely dry, carefully remove the tape. Note: the tape may tear the paper, so please be careful.
4. Optional: you can use paint paper or any other paper by writing "Yā Ḥusayn" on it and following the steps from there.


YĀ ḤUSAYN

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